Protective and Risk Factors for Mental Distress and Its Impact on Health-Protective Behaviors during the SARS-CoV-2 Pandemic between March 2020 and March 2021 in Germany

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Supplementary Materials

Table S1. Items used to measure study variables.

Mental distress	In the following you will find a description of how you possibly have felt or behaved recently. Please choose the answer that most accurately describes your well-being during the last week. • I felt depressed. • I felt lonely. • I felt hopeful about the future • I felt nervous, anxious, or tense • Thoughts about the pandemic lead to physical reactions such as sweating, breathlessness, dizziness, or increased pulse.
SARS-CoV-2-specific reappraisal	During the coronavirus-pandemic … • I find the necessary ways to keep going. • I know that I will not let it get me down. • I learn important and useful lessons for my life. • I learn possibilities to better cope with it next time.
Social interaction	To what extend do the following statements apply to you in the current situation of limited contact possibilities? • I use phone and digital services to communicate with my family and friends. • I receive support offers from neighbors or relatives. • I offer help to others, for example helping neighbors do their grocery shopping.
Maintaining a daily structure	To what extent do the following statements apply to you in the current situation of limited contact possibilities? • I have a plan for everyday life regarding sleep, work, and physical activities. • I am bored.
Frequency of information intake	• How often do you seek information regarding the coronavirus/SARS-CoV-2?

Note. All reported values are calculated as the mean values of all corresponding items.

Figure S1. Changes in mental distress (a), resilience (b), SARS-CoV-2-specific reappraisal (c), maintaining daily structure (d), social interaction (e), and frequency of information intake (f) over time. Note: Due to the heterogeneity of variances between samples, differences in SARS-COV-2-specific reappraisal were calculated via the Welch F-test. We applied an α level of 0.005. Effect sizes η^2: small > 0.01, medium > 0.06, large > 0.14.